

Living healthy

Health coverage and access to regular healthcare is just one part of living a healthy life. Exercise, eating well, and taking care of your mental health are critical to your overall wellbeing. Small changes, like adding a ten minute walk to your day or eating a healthy breakfast, can add years onto your life. We can help you find resources to make living a healthy life easier for you and your family. There are programs across Idaho to help with disease prevention, family wellbeing, community health, and women who are pregnant or have young children.

For more information on health programs available to help you, please visit healthandwelfare.idaho.gov/Health.

Important things to know

We need to work together to be sure your benefits are accurate and continue. Here's what you need to do:

- Complete and submit information requested by the Department that is needed to determine your eligibility for ongoing benefits.
- Provide accurate information. If any information you provided is not true, you may be required to return any benefits you have received and face sanctions or penalties.
- If you are receiving a tax credit, you will be required to reconcile this information on your federal tax returns.

Reporting and other requirements

Report changes:
call **1-877-456-1233**,
email mybenefits@dhw.idaho.gov, or
fax **1-866-434-8278**

Report any changes to your income or household size. Let us know when your household size, income, address, or access to other health insurance changes. If your household income grows beyond the limit for your household size, report the change within 30 days.

If you receive services after the age of 55, your estate may be subject to recovery of medical expenses paid for you. Additionally, any transfer of assets may be set aside by a court if you do not receive adequate value. For more information about the estate recovery program, please see the Idaho Health Plan Coverage booklet provided by the Division of Medicaid, or access the Idaho Health Plan Coverage booklet on our website at healthandwelfare.idaho.gov/Medical/Medicaid.

Find out more about services that may be available to you!

Visit online at 211.idaho.gov
or dial **2-1-1**.



Go interactive online at
livebetteridaho.org.



Healthcare

Medicaid/CHIP and Health Insurance Tax Credit

Welcome to the Idaho Department of Health and Welfare. We are here to help build strong, healthy families. Health coverage is available to keep you feeling and living your best.

“I want to be healthy.”

Taking care of your family’s health—including regular checkups, disease screening, and vaccines—can keep your family healthy and strong for the future.

Our health coverage programs help match you with the right health coverage for you and your family’s needs. Idahoans may qualify for healthcare through Medicaid or private insurance through Your Health Idaho (YHI), the State’s health insurance exchange.



To find out if you qualify for health coverage, you can apply at one of our office locations throughout the state or online at

idalink.idaho.gov.

You may also call **1-877-456-1233** to apply over the phone.

Your healthcare options

Medicaid

You may be eligible for Medicaid if you are:

- Under 19 years old
- A parent or caretaker relative responsible for a child in the home
- Pregnant
- Diagnosed with breast cancer or cervical cancer
- A U.S. citizen or legal permanent resident
- Within the financial guidelines

To find out if you qualify, visit **idalink.idaho.gov**.

We care that your family gets the health coverage that meets your needs. Whether covered through the Children’s Health Insurance Program (CHIP) or Medicaid, Idaho’s public health plans help you improve your overall health, find new health issues early, and manage your current health issues.

Basic Plan – This plan provides health, prevention, and wellness benefits for children and adults who don’t have special health needs. This plan includes annual physicals, well-child checkups, immunizations, most prescriptions, doctor and hospital visits, and more.

Enhanced Plan – This plan is for individuals with disabilities or special health needs. This plan has all the benefits of the Basic Plan, plus additional benefits. Most of the time, individuals will need to be referred by a doctor to become eligible for the Enhanced Plan.

For more information about Medicaid’s benefit plans, choosing a primary care provider, and coverage options, visit us online at **healthandwelfare.idaho.gov/Medical/Medicaid**.

Private health insurance

If you do not qualify for Medicaid, you may qualify for a tax credit to help pay for the cost of health insurance. Your Health Idaho is the state-based insurance marketplace where Idahoans can qualify for cost savings and shop from hundreds of qualified insurance plans that meet your family’s health care needs.

You may qualify for a tax credit if you are:

- A U.S. citizen or lawfully present in the U.S.
- A tax filer(s)
- Not eligible for employer sponsored insurance coverage
- Not eligible to receive government sponsored health insurance such as Medicare, VA benefits, or Medicaid
- Within the financial guidelines

To see if you qualify for a tax credit, visit **idalink.idaho.gov** or call **1-855-944-3246**. Insurance agents are available to help you choose a health plan that best meets your healthcare needs free of cost. To find help, visit **YourHealthIdaho.org** and click “find help near you.”

If you do not qualify for one of these healthcare programs, community health centers across Idaho have resources to help. To connect with these groups, visit **idahopca.org/community-health-centers**.